

# **Includes Highlow Ball Screen Press Break Breakdown Drills And Counters**

Playing against a high-pressure defense can be a challenging task for any basketball team. Coaches and players need to be prepared with effective strategies to break the press and maintain control of the ball. One such strategy is the "Highlow Ball Screen Press Break," which involves using ball screens to create opportunities for open passing lanes. In this article, we will explore various breakdown drills and counters that can help teams execute this press break with precision and success.

## **1. Highlow Ball Screen Press Breakdown Drills**

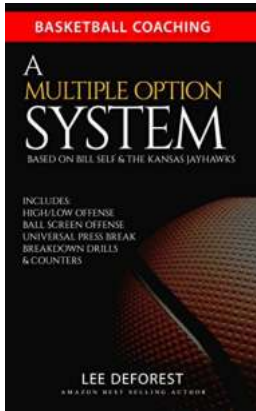
### **1.1 Dribble Penetration Drill**

This drill focuses on teaching players to dribble through the press and find open teammates for easy baskets. Set up a full-court press defense and have the offensive player start from the baseline. The goal is to dribble through the defense and make accurate passes to teammates ahead of the pressure.

The coach can introduce additional challenges by adding extra defenders or decreasing the time allowed to complete the drill. This drill helps players develop good ball-handling skills, decision-making abilities, and court vision required to break the press effectively.

**Basketball Coaching: A Multiple Option System  
Based on Bill Self and the Kansas Jayhawks:  
Includes high/low, ball screen, press break,  
breakdown drills and counters**

by Lee DeForest ([Print Replica] Kindle Edition)



★★★★☆ 4.4 out of 5

Language : English

File size : 3023 KB

Print length : 303 pages

Lending : Enabled

Screen Reader : Supported



## 1.2 Screen and Roll Drill

In this drill, players learn how to utilize ball screens to create space and confusion for the defense. Set up a half-court press defense, and the offensive players practice setting up screens to create opportunities for open passing lanes. The ball handler should look to make quick decisions, either passing to the rolling teammate or dribbling towards an open area.

Coaches can emphasize communication between players and proper execution of screens to maximize the effectiveness of this drill. By mastering the screen and roll concept, players can confidently break the press and create scoring opportunities for their team.

## 2. Counters to Highlow Ball Screen Press Break

### 2.1 Backdoor Cut

One effective counter to a highlow ball screen press break is the backdoor cut. When the defense aggressively traps the ball handler, a teammate can make a quick cut towards the basket, away from the pressure. The ball handler should read the defense and deliver a well-timed pass for an easy layup or dunk.

Implementing the backdoor cut as a counter strategy requires good timing, communication, and court awareness. It can catch the defense off guard and lead to high-percentage scoring opportunities.

## **2.2 Reverse Pass**

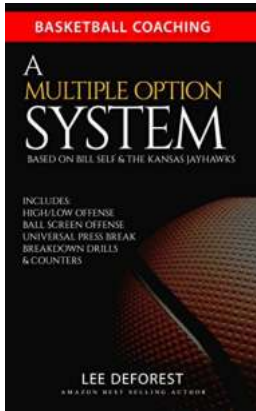
If the defense successfully anticipates and rotates to defend against the highlow ball screen, the offense can initiate a reverse pass. This means the ball handler passes the ball to a teammate at the opposite side of the court, away from the pressure. The receiving player can then drive to the hoop or look for open teammates.

The key to executing the reverse pass effectively is quick ball movement and creating confusion for the defense. By quickly changing the direction of the play, the offense can exploit gaps in the defense and gain an advantage.

The highlow ball screen press break is a valuable strategy for any basketball team facing intense defensive pressure. By incorporating effective breakdown drills and counters, coaches and players can develop the necessary skills to break the press with confidence and consistency.

Remember, drills like the dribble penetration and screen and roll drill help players become comfortable with ball handling and decision-making under pressure. Counters like the backdoor cut and reverse pass provide alternative options when facing strong defensive traps. With practice and dedication, any team can master the highlow ball screen press break and emerge victorious against even the most relentless press defenses.

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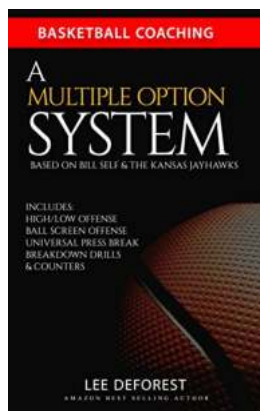
# Basketball Coaching: A Multiple Option System

Basketball coaching made easy! You will learn the Multiple Option Offense based on Bill Self and the Kansas Jayhawks. Also, this offense is adaptable to your personnel and can either focus on a high/low or ball screen attack. We also include counters to the basic motions that will help you take advantage of the strengths of your players and a “cheat sheet” with in-game coaching adjustments.

## Here is a Preview of What You'll Learn...

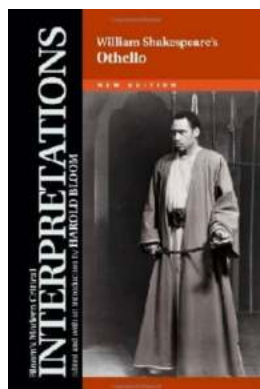
- high/low offense
- ball screen offense
- universal press break
- breakdown drills
- counters
- in-game “cheat sheet”

If you want a simple, yet effective offense to develop high quality shots, then this book is for you. It will reveal many of the counters and adjustments a coach can make during a game to take control at the right moment. This book will give you an offense that has proven itself time and time again as well as the teaching methods to help your players. Guaranteed.



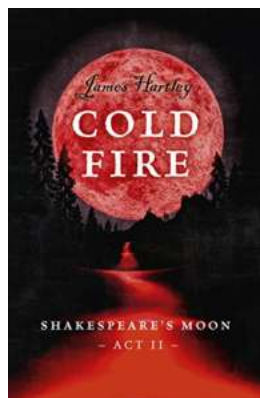
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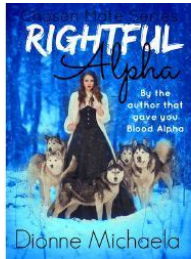
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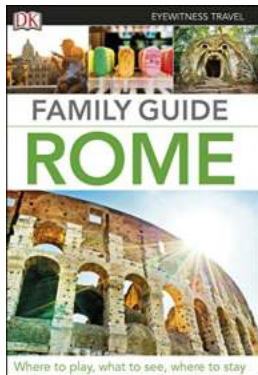
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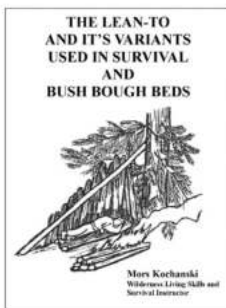
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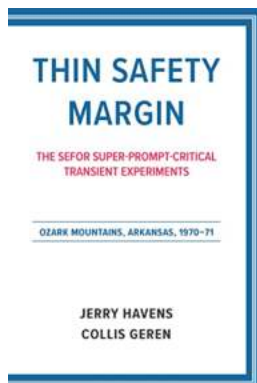
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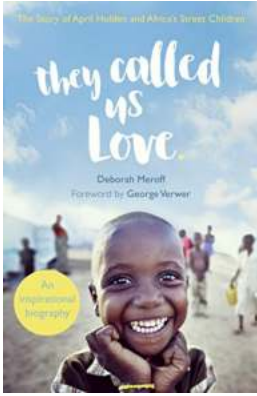
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